

FREUD'S PSYCHOANALYSIS: DEFENSE MECHANISMS

1. Repression

- When a threatening idea, memory, or emotion is blocked (either consciously or unconsciously) from consciousness

2. Projection

- When repressed feelings are attributed to someone else

3. Displacement

- When a person's emotions are directed towards people or animals that are not the real object of the emotion
- Sublimation: acting out socially unacceptable impulses in a socially acceptable way

4. Reaction formation

- When a feeling or belief that causes anxiety is transformed into the opposite feeling or belief in our consciousness

5. Regression

- Returning to a previous stage of development

6. Denial

- Refusal to admit something unpleasant or that something that provokes anxiety is happening

7. Sublimation

- Converting unwanted impulses into socially approved thoughts, feelings and actions.

Personality development:

Freud's Psychosexual Stages

Fixation occurs when the conflicts at a given stage aren't resolved successfully

Freud's Psychosexual Stages

1. **Oral** (birth – 18 months)

SHOUT **IT**
SHARE



- Babies learn about the world with their mouths, oral pleasures
- Oral fixation – preoccupation with oral activities as an adult

2. **Anal** (18 months – 3 years)

- Control of eliminating and retaining feces, toilet training issues
- Anal retentive – obsession with cleanliness, perfection, control
- Anal expulsive – messy, disorganized

3. **Phallic** (Oedipal; 3 – 5 or 6 years)

- Pleasure zone is the genitals
- Oedipus complex – development of feelings for opposite sex parent and rivalry feelings towards same sex parent
 - Boys – fear of castration; Girls – penis envy

4. **Latency** (6 – puberty)

- Sexual urges repressed, play with same sex peers

5. **Genital** (puberty on)

- Leads to adult sexuality
- **Oedipus complex**

During the phallic stage

(ages 4 to 5), the unconscious desire of a boy for his mother, accompanied by a desire to replace or destroy his father.

castration anxiety: A boy's fear during the Oedipal period that his penis will be cut off.

- **Electra Complex**

During the phallic stage

(ages 4 to 5), the unconscious desire of a girl for her father, accompanied by a desire to replace or destroy her mother.

Penis Envy: a stage of development experienced only by female children and occurs when a girl first notices the differences in male and female anatomy and longs to have a penis of her own.

it is the female counterpart of castration anxiety in the boy, and collectively they are called *Castration complex*.

Identification:

- According to Freud, as children develop, there comes a time in which the child must adopt the characteristics of one of the parents.
- During this process of identification, the child adopts the characteristics of the same-sex parent and begins to associate themselves with and copy the behavior of significant others.
- In addition, Freud stated that this process also involves the development of the child's superego (our moral guide in life - the moral component of personality) which is done by incorporating characteristics of the parents superegos into the child's own.

Types of Anxiety

1. Reality anxiety: Basic type. Fear of real dangers in the external world; from it the other two types are derived.
2. Neurotic anxiety: Fear that the instincts will get out of control and cause the person to do something for which he or she will be punished.
3. Moral anxiety: Fear of Conscience. People with well developed superegos tend to feel guilty when they do something or even doing something that is contrary to the moral code which they have been raised.

Other psychodynamic approaches

1. **Carl Jung**
2. **Alfred Adler**
3. **Karen Horney**
4. **Erik Erikson**
5. **Erik Fromm**

Jungian Theory

(Analytical psychology)

Carl Jung (1875-1961)

The total personality – ‘Psyche’

Divides unconscious into 2 parts:

Personal unconscious: reservoir of personal information and memories that was once conscious, but has been forgotten or suppressed and is unique to the individual

Collective unconscious: deepest level of the human psyche that contains universal memories, symbols, and experiences of all humans

- a reservoir of inherited experiences
- Archetype: a generic, idealized model of a person, personality or behavior
 - Innate, universal prototypes
 - Appear in myths, stories, art, and dreams

Archetype

- A generic, idealized model of a person, personality or behavior
 - Stereotype, epitome
 - 4 main archetypes:
 - The Self
 - Persona
 - The Shadow
 - The Anima/ Animus
 - Commonly seen archetypes
 - The Child
 - The Hero
 - The Great Mother

